

DINNERLY



Balanced Tofu and Spinach Saag with Lentils and Red Rice



35 minutes



2 Servings

Our vegan take on saag paneer uses satay tofu in place of Indian cottage cheese. Spinach is still front and centre, with nourishing lentils added to the mix. Serve with nutrient-rich red rice.

WHAT WE SEND

- 125g red rice
- 1 onion
- 2 tomatoes
- 400g lentils
- 200g peanut satay tofu ^{1,5,6}
- 10g masala seasoning
- 50g baby spinach leaves

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil

TOOLS

- medium saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 585kcal, Fat 19.9g, Carbs 73.2g, Proteins 27.1g



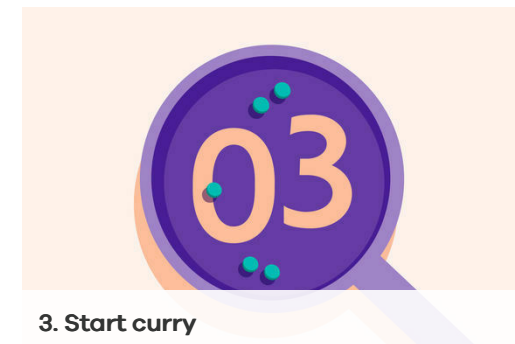
1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25 mins or until tender. Drain.



2. Prep ingredients

Meanwhile, finely chop the **onion** and **tomatoes**. Crush or finely chop 2 **garlic cloves**. Drain and rinse the **lentils**. Heat 2 **tsp vegetable oil** in a medium deep frypan over medium heat. Cook the **tofu** for 2 mins each side or until golden. Remove from the pan and cut into 2cm chunks.



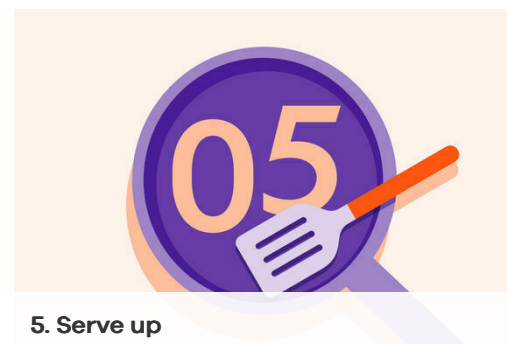
3. Start curry

Heat 2 **tsp vegetable oil** in the same pan over medium-high heat. Cook the **onion**, stirring, for 3 mins or until softened. Add the **garlic** and **masala seasoning** and cook, stirring, for 1 min or until fragrant. Add the **tomato** and cook, stirring, for 3 mins or until softened.



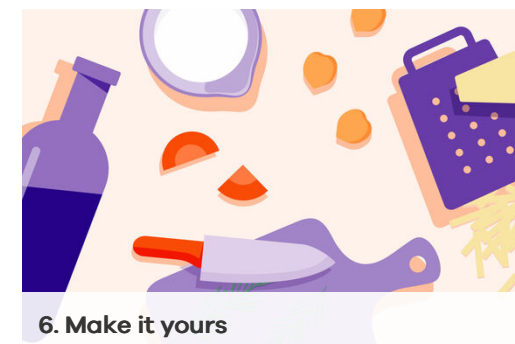
4. Simmer curry

Add **half the lentils*** and 180ml ($\frac{3}{4}$ cup) **water** to the tomato mixture. Season with **salt and pepper** and bring to the boil. Reduce the heat to medium and cook for 8 mins or until slightly thickened.



5. Serve up

Add the **spinach** and **tofu** to the curry and cook for 2-3 mins until the spinach is wilted and the tofu is warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **rice** and **curry** among bowls. Enjoy!



6. Make it yours

Like your curries hot? Kick up the heat a notch or two with a scattering of chopped fresh chilli or dried chilli flakes.